



# WINTER WEATHER PREPAREDNESS GUIDE

## WINTER STORMS AND EXTREME COLD

Heavy snowfall and extreme cold can immobilize an entire region. Even areas that normally experience mild winters can be hit with a major snowstorm or extreme cold. The impacts include flooding, storm surge, closed highways, blocked roads, downed power lines and hypothermia.

You can protect yourself and your household from the many hazards of winter by planning ahead.

### What to do before a winter storm threatens:

- Know the terms used by weather forecasters.
- Prepare to survive on your own for at least three days. Assemble a disaster supply kit.

- Prepare for possible isolation in your home.
- Winterize your home to extend the life of your fuel supply.
- Maintain several days' supply of medicines, water, and food that needs no cooking or refrigeration.

### What to do during a winter storm:

- Listen to the radio or television for weather reports and emergency information.
- Eat regularly and drink ample fluids, but avoid caffeine and alcohol.
- Dress for the season by wearing several

layers of loose fitting, lightweight, warm clothing, as well as mittens, hats, and scarves.

- Be careful when shoveling snow. Over-exertion can bring on a heart attack.
- Watch for signs of frostbite.
- Watch for signs of hypothermia.
- Conserve fuel by keeping your residence cooler than normal or temporarily close off heat to some rooms.
- Maintain ventilation if using kerosene heaters to avoid toxic fumes.

## WINTER DRIVING

About 70 percent of winter deaths related to snow and ice occur in automobiles. Consider public transportation if you must travel. If you travel by car, travel during the day, don't travel alone, and keep

others informed of your schedule. Stay on main roads; avoid back-road shortcuts.

For safety and fuel economy, you should keep your car in top operating condition by having it winterized,

properly serviced, and equipped with proper tires.

Keep a "winter car kit" in the trunk of your car. Items to include are listed on page 4.

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# BEING PREPARED: WHAT YOU SHOULD DO

## STEP 1: Get a Kit of Emergency Supplies

Be prepared to improvise and use what you have on hand to make it on your own for *at least* three days, maybe longer. While there are many things that might make you more comfortable, think first about fresh water, food and clean air. Consider putting together two kits. In one, put everything needed to stay where you are and make it on your own. The other should be a lightweight, smaller version you can take with you if you have to get away.

You'll need a gallon of water per person per day. Include in the kits canned and dried foods that are easy to store and prepare. Also include warm clothes and a sleeping bag for each member of the family.

Start now by gathering basic emergency supplies - a flashlight, a battery-powered radio, a NOAA Weather radio with tone alert, extra batteries, a first aid kit, toilet articles, prescription medicines and other special things your family may need.

## STEP 2: Make a Plan for What You Will Do in an Emergency

Be prepared to assess the situation. Use common sense and whatever you have on hand to take care of yourself and your loved ones. Depending on your circumstances the first important decision is deciding whether to stay or go. You should understand and plan for both possibilities.



**Develop a Family Communications Plan:** Your family may not be together when disaster strikes, so plan how you will contact one another and review what you will do in different situations. Consider a plan where each family member calls, or e-mails, the same friend or relative in the event of an emergency. It may be easier to make a long-distance phone call than to call across town, so an out-of-state contact may be in a better position to communicate among separated family members. You may have trouble getting through, or the phone system may be down altogether, but be patient.

**Staying Put:** There are circumstances when staying put, a process known as "shelter-in-place," can be a matter of survival. Quickly bring your family and pets inside. Take your emergency supplies and go into the room you have designated. Watch TV, listen to the radio or check the internet for instructions.

**Getting Away:** Plan in advance how you will assemble your

family and anticipate where you will go. Choose several destinations in different directions so you have options in an emergency. If you have a car, keep at least a half tank of gas in it at all times. Become familiar with alternate routes as well as other means of transportation out of your area. If you do not have a car, plan how you will leave if you have to. Take your emergency supply kit and lock the door behind you. Listen to the radio for updates.

**At Work and School:** Think about the places where your family spends time: school, work and other places you frequent. Talk to your children's schools and your employer about emergency plans. Find out how they will communicate with families during an emergency. If you are an employer, be sure you have an emergency preparedness plan. Review and practice it with your employees. A community working together during an emergency also makes sense. Talk to your neighbors about how you can work together.

## STEP 3: Be Informed about what might happen

- Ask your local emergency management office which disasters could strike your community. They will know your community's risks. You may be aware of some of them and others may surprise you. Also, ask for any information that might help you prepare and possibly reduce the risks you face.



# Family Communications Plan

*Your family may not be together when disaster strikes, so plan how you will contact one another and then review your plan for different situations.*



**Out-of-town contact:** Ask an out-of-town friend to be your family contact. After a disaster, it's often easier to call long distance. This person may be in a better location to communicate among separated family members.

Out-of-Town Contact Name: \_\_\_\_\_

Telephone Number: \_\_\_\_\_

E-mail: \_\_\_\_\_

Telephone Number: \_\_\_\_\_

## Keep an updated record for each family member:

Name: \_\_\_\_\_

Social Security Number: \_\_\_\_\_

Date of Birth: \_\_\_\_\_

Important Medical Information: \_\_\_\_\_

Name: \_\_\_\_\_

Social Security Number: \_\_\_\_\_

Date of Birth: \_\_\_\_\_

Important Medical Information: \_\_\_\_\_

Name: \_\_\_\_\_

Social Security Number: \_\_\_\_\_

Date of Birth: \_\_\_\_\_

Important Medical Information: \_\_\_\_\_

Name: \_\_\_\_\_

Social Security Number: \_\_\_\_\_

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Social Security Number: \_\_\_\_\_

Date of Birth: \_\_\_\_\_

Important Medical Information: \_\_\_\_\_

Name: \_\_\_\_\_

Social Security Number: \_\_\_\_\_

Date of Birth: \_\_\_\_\_

Important Medical Information: \_\_\_\_\_

**Where to go in an emergency.** Write down site-specific information for the places family members spend time:

### Home:

Address: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Neighborhood Meeting Place: \_\_\_\_\_

Regional Meeting Place: \_\_\_\_\_

### Work:

Address: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Evacuation Location: \_\_\_\_\_

### School:

Address: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Evacuation Location: \_\_\_\_\_

### Work:

Address: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Evacuation Location: \_\_\_\_\_

### School:

Address: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Evacuation Location: \_\_\_\_\_

### Additional location:

Address: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Evacuation Location: \_\_\_\_\_

### School:

Address: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Evacuation Location: \_\_\_\_\_

### Additional location:

Address: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Evacuation Location: \_\_\_\_\_

Important Contacts	Name	Telephone Number	Policy Number
Doctor(s):			
Pharmacist:			
Medical Insurance:			
Homeowners/Rental Insurance:			
Veterinarian/Kennel (for pets):			
Other:			

## EMERGENCY SUPPLY KIT

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Emergency supply kits should be individually tailored to meet the basic survival needs of your family for three days to a week. Most families prefer to store their emergency supplies in one location that is relatively safe, yet easily accessible if evacuation is required. Items may be stored in a 32-gallon trash can, suitcase, duffle bag, footlocker or individual pack.

### Emergency Needs

- Battery powered radio
- Water (1 gallon per person/ per day)
- First aid kit and manual
- Sleeping bags and blankets
- Utility knife
- Emergency candles
- Manual can opener
- "Special needs" items for family members (infant formula, eye glasses, medications, etc.)
- Waterproof/windproof matches
- Non-perishable foods\*
- Flashlight
- Extra clothing
- Whistle

### Sanitation Kit

- Plastic bucket with tightly fitted lid
- Plastic trash bags and ties
- Disinfectant
- Improvised toilet seat
- Paper cups and plates
- Plastic utensils
- Personal toiletries
- Baby supplies
- Toilet paper
- Aluminum foil
- Paper towels
- Personal hygienic needs
- Soap

### Other Emergency Needs

- Pen and paper
- Money
- Work gloves
- Basic tools
- Toys, books, puzzles, games
- Extra house keys and car keys
- List of contact names and phone numbers
- Hardwired phone (not cordless)

### Copies of All Legal Papers

- Marriage license
- House mortgage
- Property ownership
- Automotive ownership
- Wills
- Jewelry appraisals
- Drivers licenses
- Insurance policies
- Bank accounts

## WINTER CAR KIT

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Winter travel by automobiles is serious business. Be equipped for the worst, especially if you anticipate a long trip. The length of the trip and common sense will dictate what should be included in the winter car kit. Traveling on the major highways will lessen the likelihood of being stranded for any appreciable time.

Therefore, the minimal kit should consist of extra warm clothing, blanket, water, flashlight, distress flag, shovel, and sand. The following comprehensive equipment list will help you keep **warm, visible, and alive** if you become trapped by a winter storm.

- Several blankets or sleeping bags
- Rain gear and extra sets of dry clothing, mittens, socks, and a wool cap
- Windshield scraper and brush
- Extra newspapers for insulation
- Plastic bags for sanitation
- Canned fruits, nuts, and high energy "munchies"
- Several bottles of water (eating snow will lower your body temperature - if possible, melt it first)
- Non-electric can opener
- Cans of broth or soup
- A small shovel, pocket knife and small tools (pliers, wrench, screwdriver)
- Sand, kitty litter, or traction mats
- Jumper cables
- First aid kit and medications
- Flashlight and extra batteries
- Candle in a fireproof container (proper ventilation is necessary to prevent oxygen starvation in an enclosed vehicle)
- Matches
- Cards, games, and puzzles
- Brightly colored cloth to tie to the antenna so the vehicle can be easily located
- Facial or toilet tissue
- Gas line deicer and window de-icer
- Tow rope
- Compass
- Road maps

# NATIONAL WEATHER SERVICE WIND CHILL CHART

		Temperature (°F)																	
		40	35	30	25	20	15	10	5	0	-5	-10	-15	-20	-25	-30	-35	-40	-45
Wind Speed	5	36	31	25	19	13	7	1	-5	-11	-16	-22	-28	-34	-40	-46	-52	-57	-63
	10	34	27	21	15	9	3	-4	-10	-16	-22	-28	-35	-41	-47	-53	-59	-66	-72
	15	32	25	19	13	6	0	-7	-13	-19	-26	-32	-39	-45	-51	-58	-64	-71	-77
	20	30	24	17	11	4	-2	-9	-15	-22	-29	-35	-42	-48	-55	-61	-68	-74	-81
	25	29	23	16	9	3	-4	-11	-17	-24	-31	-37	-44	-51	-58	-64	-71	-78	-84
	30	28	22	15	8	1	-5	-12	-19	-26	-33	-39	-46	-53	-60	-67	-73	-80	-87
	35	28	21	14	7	0	-7	-14	-21	-27	-34	-41	-48	-55	-62	-69	-76	-82	-89
	40	27	20	13	6	-1	-8	-15	-22	-29	-36	-43	-50	-57	-64	-71	-78	-84	-91
	45	26	19	12	5	-2	-9	-16	-23	-30	-37	-44	-51	-58	-65	-72	-79	-86	-93
	50	26	19	12	4	-3	-10	-17	-24	-31	-38	-45	-52	-60	-67	-74	-81	-88	-95
	55	25	18	11	4	-3	-11	-18	-25	-32	-39	-46	-54	-61	-68	-75	-82	-89	-97
	60	25	17	10	3	-4	-11	-19	-26	-33	-40	-48	-55	-62	-69	-76	-84	-91	-98

Frostbite Times		
30 minutes	10 minutes	5 minutes

## NOAA WEATHER RADIO

Newspaper, radio, and television are all good sources of weather data. However, if you want the most accurate and timely information, go to the source itself. You can listen to a weather radio designed to pick up broadcasts of the National Oceanic and Atmospheric Administration (NOAA).

NOAA Weather Radio (NWR) provides continuous broadcasts of the latest weather information directly from the National Weather Service offices and these broadcasts are tailored for your specific area. A number of commercial manufacturers offer weather radios designed specifically for receiving NOAA's high frequency

transmissions. NOAA Weather Radio broadcasts can usually be heard as far as 40 miles from the transmission site. The broadcast range depends upon a number of factors including signal strength, terrain, quality of your weather radio, and current weather conditions. A coverage map can be found at <http://www.nws.noaa.gov/nwr/states/sdakota.html>.

With the implementation of the Emergency Alert System (EAS) and Specific Area Message Encoding (SAME), it is now possible to program certain weather radios to sound an alert for only the counties desired in a specific NWR's broadcast area. The owner

of a NWR with SAME technology would program the desired county into the radio. It will then alert the user *only* to weather emergencies for the specific county programmed. Older (non-SAME) NWR receivers without SAME capability would alert for emergencies anywhere within the coverage area of the NWR transmitter, even though the emergency could be well away from the listener. The SAME technology can eliminate this appearance of over-warning. You can find out more information about SAME Technology or EAS Broadcasts from the National Weather Service (NWS) at <http://www.nws.noaa.gov/nwr/nwrsame.htm>.

## CARE FOR THE ELDERLY

As you get older, your body becomes less able to respond to long exposure to heat or cold. In cold weather, some older people may develop accidental hypothermia, a drop in internal body temperature that can be fatal if not detected and treated properly.

### Accidental Hypothermia

Hypothermia is a condition of below normal body temperature - typically 95° F or under. Accidental hypothermia may occur in anyone who is exposed to severe cold without enough protection. However, some older people develop accidental hypothermia after exposure to relatively mild cold.

Those elderly most likely to develop accidental hypothermia are: the chronically ill, the poor who are unable to afford enough heating fuel, and those who do not take the normal steps to keep warm. The small number of aged persons whose body temperature regulation is defective face the greatest danger. For unknown reasons, these people do not feel cold or shiver, and thus cannot produce body heat when they need it. It is interesting to note that many people who have "felt cold" for years may actually have a lower risk of accidental hypothermia.

The only sure way to detect hypothermia is to use a special low-reading thermometer, available in most hospitals. A regular thermometer will do as

long as you shake it down well. If your temperature is below 95° F or does not register, get emergency medical help. Other signs to look for include: an unusual change in appearance or behavior during cold weather; slow, and sometimes irregular, heartbeat; slurred speech; shallow, very slow breathing; sluggishness; and confusion. Treatments consist of



re-warming the person under a doctor's supervision, preferably in a hospital.

### Protective Measures

There is no strong scientific basis for recommending room temperatures for older people. However, setting the heat at 65° F in living and sleeping areas should be adequate in most cases, although sick people may need more heat.

Measures you can take to prevent accidental hypothermia include:

- Dress warmly even when indoors, eat enough food, and stay as active as possible.
- Because hypothermia may start during sleep, keep warm in bed by wearing enough clothing and using blankets.
- If you take medicine to treat anxiety, depression, nervousness, or nausea, ask your doctor whether the medication might affect the control of body temperature.
- Ask friends or neighbors to look in on you once or twice a day, particularly during a cold spell. See if your community has a telephone check-in or personal visit service for the elderly or home-bound.

### Contact for Assistance

Anyone trying to save on fuel costs can protect against hypothermia by dressing warmly and heating only one or two rooms of the home.

There are government-funded programs to help low-income families pay high energy bills, weatherize (insulate) their homes, or even get emergency repairs of heating/cooling units. Your local community action agency or area agency on aging should be able to direct you to the proper source of assistance.

## WINTER SAFETY FOR SCHOOLS

Children can be especially susceptible to the dangers associated with winter weather. Their youthful enthusiasm often takes over when common sense and safety should prevail. Even if they are cold, wet, or exhausted, they often are not conscious of the potential impact these conditions pose.

School administrators and principals need to be sensitive to the dangers winter weather can pose to children and be prepared. Winter weather procedures and practices need to be established before the onset of the winter season. When formulating a winter weather safety plan consider the following:

- The best source for the latest information is NOAA weather radio. Most counties fall within their coverage area.

Commercial radio or television should also be monitored. Arrangements can also be made with county sheriff's office to have critical weather forecasts relayed to the school.



- All schools need to have a functional plan in regard to closures due to snow, ice, or extreme cold.

- During the winter months, guidelines need to be established regarding outside recess periods. Temperatures and wind chills need to be monitored and criteria set as to when outside recess will be allowed.
- School bus drivers should receive extra training on driving during winter weather. Snow and ice can often accumulate quickly and unexpectedly on roads creating dangerous driving conditions.
- With many households having two working parents today, it may be necessary for some children to be brought to school early. Schools should make provisions to allow children inside schools buildings as early as possible during cold weather.

## PROTECTION FOR PETS



Winter poses special risks to pets. Give your pet a safer, healthier cold weather season by following these tips:

- Keep indoor pets in a dry, warm area free of drafts. Elevate your pet's bed off the floor.
- Provide outdoor dogs or cats with a dry, insulated pet house or shelter out of the wind. Staying warm demands extra calories, so feed your pet accordingly when temperatures drop. Bring your pet inside if the wind chill or other

weather conditions become severe.

- Remove ice, salt, and caked mud from your pet's paws and coat at once. Contact your veterinarian immediately if you suspect your pet has frostbite. Frostbitten skin may turn reddish, white, or gray, and it may be scaly or sloughing.
- Cats and kittens often nap on car engines. Knock on the hood or honk the horn, then wait a few minutes before starting the car.
- Pets like the smell and taste of antifreeze, but even a small amount can kill them. Thoroughly clean up spills at once. Tightly close containers and store them where pets

cannot get to them.

- Holiday paraphernalia can hurt pets. Cover or tack down electrical cords. Keep tinsel and glass ornaments out of reach. Read warnings on items like spray-on snow. Never put ribbon around a pet's neck or allow it to play with plastic or foil wrappings or six-pack beverage holders.
- Keep your pet on its regular diet. Holiday treats, such as chocolate and bones, can be harmful or toxic.
- Many plants, including holly, mistletoe, and poinsettia, are toxic to pets. Keep them out of your pet's reach.
- Always have fresh, clean water available.



Make sure your Family Disaster Supply Kit is ready and that you have a flashlight, battery-powered radio, extra batteries and a first-aid kit. Take your kit with you when you seek shelter.

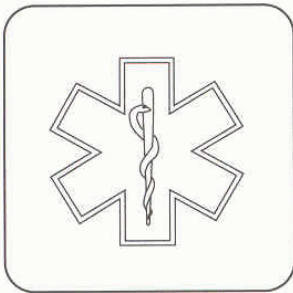
# Emergency Phone Numbers

My Family Name: \_\_\_\_\_

My Phone Number: \_\_\_\_\_

My Address: \_\_\_\_\_

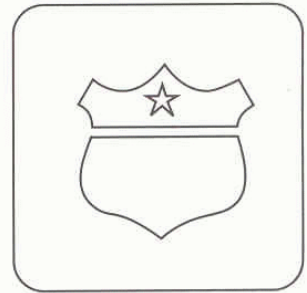
My Town: \_\_\_\_\_



Ambulance



Fire



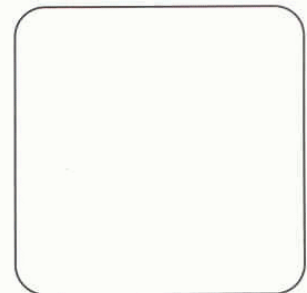
Police/Sheriff



Mother



Father



Other

## COUNTY EMERGENCY MANAGERS' CONTACT NUMBERS

Aurora .....	605-942-7595	Fall River.....	605-745-7562	McPherson.....	605-439-3331
Beadle.....	605-353-8421	Faulk.....	605-598-6222	Meade .....	605-347-4222
Bennett.....	605-685-6541	Grant.....	605-432-4637	Mellette .....	605-259-3371
Bon Homme .....	605-589-4242	Gregory .....	605-775-2626	Miner.....	605-772-4533
Brookings.....	605-692-5212	Haakon.....	.....	Minnehaha.....	605-367-4290
Brown .....	605-626-7122	Hamlin.....	605-783-7831	Moody.....	605-997-3251
Brule .....	605-234-3433	Hand .....	605-853-2408	Pennington .....	605-394-2185
Buffalo .....	605-293-3231	Hanson.....	605-239-4218/4423	Perkins.....	605-244-5243
Butte .....	605-723-0900	Harding.....	605-375-3313	Potter.....	605-765-2387
Campbell .....	605-955-3598	Hughes.....	605-773-7454	Roberts .....	605-698-3800
Charles Mix.....	605-487-6105	Hutchinson .....	605-770-7927	Sanborn.....	605-796-4511
Clark .....	605-532-5891	Hyde.....	605-852-2595	Shannon.....	605-455-2886
Clay .....	605-677-7185	Jackson .....	605-770-0077	Spink .....	605-472-4591
Codington.....	605-882-6272	Jerauld.....	605-539-0243	Stanley.....	605-773-7454
Corson.....	605-273-4210	Jones.....	605-669-7100	Sully .....	605-258-2244
Custer.....	605-673-8128	Kingsbury .....	605-854-3711	Todd.....	605-747-2238
Davison .....	605-995-8630	Lake.....	605-256-7611	Tripp .....	605-842-2300
Day .....	605-345-3222	Lawrence .....	605-578-2122	Turner.....	605-297-6000
Deuel.....	605-874-8189	Lincoln.....	605-764-5746	Union.....	605-356-2351
Dewey.....	605-865-3672/3330	Lyman .....	605-869-2266	Walworth.....	605-845-2800
Douglas.....	605-724-2238	Marshall .....	.....	Yankton.....	605-668-5289
Edmunds .....	605-287-4394	McCook.....	605-425-2085	Ziebach.....	605-365-5129

## TRIBAL EMERGENCY MANAGERS' CONTACT NUMBERS

Cheyenne River Sioux Tribe  
..... 605-964-6685

Crow Creek Sioux Tribe  
..... 605-245-2779

Lower Brule Sioux Tribe  
..... 605-473-5532

Oglala Sioux Tribe  
..... 605-867-8120

Rosebud Sioux Tribe  
..... 605-747-5773



Santee Sioux Tribe  
..... 605-997-3891

Sisseton Wahpeton Sioux Tribe  
..... 605-698-3911 ext. 206

Standing Rock Sioux Tribe  
..... 701-854-7206

Yankton Sioux Tribe  
..... 605-384-3966

## INTERNET RESOURCES

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<http://www.redcross.org/services/disaster/eduinfo/>

The American Red Cross has many materials available for teachers, educators, and presenters to use to help children and families learn how to stay safe and prevent or reduce the effects of disasters or other emergencies.

<http://www.fema.gov/plan/index.shtm>

While most disasters cannot be avoided, the Federal Emergency Management Agency provides information on things people can do to lessen the loss of life and property damage.

<https://disasterhelp.gov>

DisasterHelp provides responders, emergency managers and homeland security advisors an online capability to collaborate with other members of the Disaster Management community. It is also a source of general information for citizens.

<http://www.ready.gov/>

The U.S. Department of Homeland Security has developed a website to assist citizens in learning about potential threats so that they are better prepared.

[http://www.sddot.com/travinfo\\_weather.asp](http://www.sddot.com/travinfo_weather.asp)

This page includes links to assist South Dakota travelers.

<http://www.ed.gov/emergencyplan/>

The website is designed to be a one-stop shop that provides school leaders with information they need to plan for any emergency, including natural disasters, violent incidents and terrorist acts.

[http://www.dhs.gov/dhspublic/theme\\_home2.jsp](http://www.dhs.gov/dhspublic/theme_home2.jsp)

Educating America's families on how best to prepare their homes for a disaster and tips for citizens on how to respond in a crisis is a mission of the U.S. Department of Homeland Security.

<http://www.nws.noaa.gov>

The National Weather Service (NWS) provides weather, forecasts, and warnings for the entire United States.

<http://www.weather.gov/os/edures.shtml>

This page contains links to National Oceanic Atmospheric Administration web sites that contain information about weather education.

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**We're on the Web!**  
**[www.oem.sd.gov](http://www.oem.sd.gov)**

*The information contained in this newsletter was compiled by various agencies concerned with the safety of South Dakota citizens. The Federal Emergency Management Agency, the American Red Cross and the National Weather Service helped make the 2006 South Dakota Winter Weather Preparedness Guide possible.*

## WINTER DRIVING (CONTINUED FROM PAGE 1)

If a blizzard traps you in your car:

1. Pull off the highway. Turn on hazard lights and hang a distress flag from the radio antenna or window.
2. Remain in your vehicle where rescuers are most likely to find you. Do not set out on foot unless you can see a building close by where you know you can take shelter. Be careful: distances are distorted by blowing snow. A building may seem close but be too far to walk to in deep snow.
3. Run the engine and heater

about ten minutes each hour to keep warm. When the engine is running, open a window slightly for ventilation to protect from possible carbon monoxide poisoning. Periodically clear snow from the exhaust pipe.

4. Exercise to maintain body heat, but avoid overexertion.
5. Take turns sleeping.
6. Drink fluids to avoid dehydration.
7. Be careful not to waste battery power. Balance

electrical energy needs, i.e. the use of lights, heat, and radio, with supply.

8. At night, turn on the inside light so work crews or rescuers can see you.
9. If stranded in a remote area, spread a large cloth over the snow to attract attention of rescue personnel who may be surveying the area by airplane.

Once the blizzard passes, you may need to leave the car and proceed on foot.